

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

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### B321 – FLOUR, SOFT WHEAT, ENRICHED, UNBLEACHED, BULK

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Grains/Breads</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. No. 2 grade unbleached bakers soft wheat flour milled from wheat of the classes soft red winter or white wheat and enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have added calcium.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>Bulk.</li> <li>One lb AP yields about 3½ cups.</li> <li>CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the <i>Food Buying Guide for Child Nutrition Programs</i>.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store soft wheat flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%).</li> <li>If ideal storage conditions are not available, store soft wheat flour under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



### Nutrition Information

Wheat flour, white, cake, enriched

	¼ cup (34 g)	1 cup (137 g)
Calories	124	496
Protein	2.81 g	11.23 g
Carbohydrate	26.73	106.90 g
Dietary Fiber	0.6 g	2.3 g
Sugars	0.11 g	0.42 g
Total Fat	0.29 g	1.18 g
Saturated Fat	0.04 g	0.17 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	2.51 mg	10.03 mg
Calcium	5 mg	19 mg
Sodium	1 mg	3 mg
Magnesium	5 mg	22 mg
Potassium	33 mg	144 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.01 mg	0.03 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• Use as directed in recipes.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Bakers soft wheat flour is primarily used in baking cookies and crackers.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li></ul>

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